

U. S. DEPARTMENT OF AGRICULTURE URGES CONSERVATION OF FOOD—WOMEN'S INTERESTS

"CAN!" BRIEF SLOGAN ADOPTED FOR WOMEN OF THIS COUNTRY

Government Urges Conservation of Food Supplies by Housewives of America—Women Not Capable of Impersonal Discussions

THE slogan adopted by the United States Department of Agriculture at Washington this year is brief but to the point. It is simply "Can!" in the imperative—not "Can you?"

And every housekeeper, if she has never before attempted preserving, is poring over recipes this summer with a view to stocking her pantry "against the winter."

Abstract discussions of the merits of the cold-pack method, the sunlight process, pressure cookers and other things menfolk wot not of are running a close second to the equally mysterious to the masculine mind directions for "purling and casting off," which have been topics of conversation wherever two or three of the feminine persuasion are gathered together.

DAVID F. HOUTSON, Secretary of the Department of Agriculture, has issued an appeal to women throughout the country to can and dry all surplus perishable fruits and vegetables, and on no account to allow them to be wasted.

He says in part: "In addition to regular crops the products of large numbers of small gardens shortly will become available in your community. From time to time, an happens each summer, supplies of these highly palatable foods will exceed immediate local consumption. Unless this surplusage in large part is conserved locally for winter use by home canning or drying, large waste of valuable food will result. Home canning and drying call for little apparatus, the processes are simple.

"Will you not aid the Government in restoring these home industries by a local conservation campaign?" The Government need not question the American housewife's answer.

WOMAN'S broader life is making her become accustomed to expressions of opinion, free from any personal element. But occasionally one still runs across a woman who allows personalities to cloud her better judgment, who cannot discuss any club business in a perfectly impartial way.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Special queries like those given above are treated as confidential unless the editor is notified to the contrary. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. What causes fruit, vegetables and other foods to spoil?
2. What is the difference between preserves and marmalades?
3. Which of the fruits contain pectin, necessary for the transformation of fruit juice into jelly?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. Exposing enamelware to heat too suddenly causes it to crack.
2. It is better to wash windows on a dull day or when the sun is not shining directly on them.
3. Windows should be cleaned first on the outside then when cleaning the inside any remaining spots will be easily discernible.

Canned Strawberries That Retain Color

To the Editor of Woman's Page: Dear Madam—Please give me directions for canning strawberries so they will keep their color as much as possible, and better.

Candied Pineapple and Cherries

To the Editor of Woman's Page: Dear Madam—Can you tell me how to candy pineapples and cherries? MRS. JANE B.

Recipe for English Crumpets

To the Editor of Woman's Page: Dear Madam—How are English crumpets made? MRS. J. E. B.

Mashed Potatoes With Peanut Butter

To the Editor of Woman's Page: Dear Madam—Recently you have had a number of ways of using peanut butter in combination with other foods. I like the idea very much. Here is another good combination. Take six potatoes of medium size to one and one-half tablespoons melted butter. Two tablespoons milk. Two tablespoons sugar. One-half cup hot milk. Salt and pepper to taste. Boil the potatoes, then crush them and beat them to a smooth cream with a little butter, salt, pepper and milk. Heat a hot buttered baking dish, blend the peanut butter with the other butter, set over the potatoes and brown in oven. YESSIE McC.

To Tighten Case-Seat Chairs

To the Editor of Woman's Page: Dear Madam—Is there anything to do to tighten chairs which are too loose? I shall appreciate any advice you can give me. Y.

Second Request for Address

Will Mrs. M. H. F., who wrote to the Woman's Exchange offering two kittens for adoption, please send in her address so I may communicate with her?

WOMAN HAS RESPONDED TO CALL TO THE COLORS

Mrs. Joseph Leidy Points to Red Cross Services as Evidence of Spirit of Sacrifice



MRS. JOSEPH LEIDY

The rich Philadelphia woman who does nothing but waste time and money no longer exists, according to Mrs. Leidy, wife of Dr. Joseph Leidy, 1315 Locust street. As vice chairman of the membership committee of the Southeastern Pennsylvania Chapter of the Red Cross Mrs. Leidy entertains no illusions concerning wealthy women and their activities.

PHILADELPHIA WOMEN ACTIVE

That Philadelphia women appreciate the situation and have responded to the Red Cross appeal is reflected in the membership of the local unit. A year ago fewer than 2000 women were affiliated with the organization, but today there are more than 16,000.

ONE BIG SISTERHOOD

Most assuredly, the organization is welding the classes together in one big sisterhood. The rich and the poor are brought together and imbued with the same ideals work as one for a common cause. Nothing could be more democratic and nothing can be of greater service to the country.

THE GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D. In answer to health questions, Doctor Kellogg in this space will daily give advice on promoting medicine, but no case will be taken the risk of making diagnosis or of prescribing treatment or drugs. Health questions will be promptly answered by general letters to inquirers who enclose stamped envelopes for reply.

Adenoids affected in a certain way it will cause the bones to grow in an irregular fashion. Giants are generally persons who have a diseased condition of this gland so that their bones grow enormously long. Sometimes the growth will affect only one bone or group of bones. Sometimes it will affect the lower jaw so that it will project in front. Sometimes it will affect the hands and feet so that they will become twice as large as normal. Sometimes it produces an enormous growth of fat. In many cases there is an extension of the pituitary gland up into the nose. Thus, in cases of adenoids it often happens that there is a disturbance of the growth of the child, because the growth of the adenoids disturbs this gland. When the gland is affected in certain ways there will be an arrested development. The child will always remain an infant in many particulars. When the adenoids are re-

As soon as it is discovered that a child has adenoids, the case should have immediate attention. This is generally a very much more serious question than is supposed. In adenoids there is a narrowing of the mucous membrane of the base of the throat and of the septum of the nose, so that the nasal cavities may be nearly closed. This leaves very small openings for the air to pass through. In addition, hanging down from the roof of the mouth, back of the soft palate, are masses that fill the nose so completely that the air cannot get through.

Recently there has been discovered another very important thing. Up in the base of the brain there is a little body known as the pituitary gland, a minute little cell that controls the nutritive functions of the body. It controls growth. It controls the processes of tissue formation. When this gland is re-

(1) It is usual to serve the hostess first at every course and then the maid passes straight around the table. Sometimes she goes to the guest on the right, the hostess after serving her first and then to the guest on the left and around, that one person may not always be the last person at the table served.

Linen Trouseau

To the Editor of Woman's Page: Dear Madam—Recently you have had a number and have not very much money to spend. How can I make a linen trouseau for my linen closet? I have been told the best way to supply the linen for the house. In this regard you would require six sheets, six pillowcases, three spreads, three tablecloths, one dozen napkins, one dozen lunch napkins, several centerpieces, two sets of six dollars, also kitchen towels and pantry towels, six each; three dishcloths, one or two pairs of blankets and a table pad. I do not think you could manage well with less.

Polish for Patent Leather Shoes

To the Editor of Woman's Page: Dear Madam—What kind of polish should be used on patent leather shoes? Patent leather shoes should not be "polished" in the strict sense of the word. Apply a mixture of one part linseed oil to two parts cream to the shoes, rubbing it well in with a soft flannel cloth. This will keep the leather soft and it will not crack as readily.

zation of the country issued a call for volunteers, and today we have nearly 2,000,000 members.

"This tells the story and reveals how women have rushed to the colors. They are ready to serve the army that America will send to France and ready to extend a helping hand to the distressed of the world."

TIMELY SUGGESTIONS Mrs. Leidy offers the following suggestions to Philadelphia women who are anxious to help the Red Cross.

"First, I advise every woman to become a member of the Red Cross. The membership fee is \$1, which is spent in relief work and gives the member equal privileges of headquarters with the richest contributor.

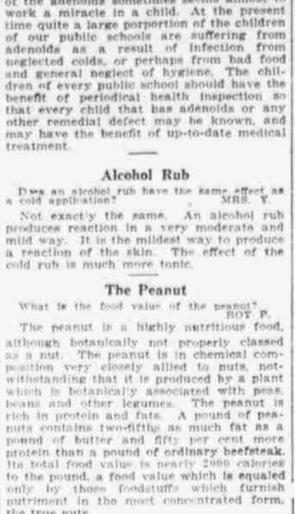
"Secondly, I advise women to volunteer for service. There is a bulk of work to do and everybody can help. Women are needed in the sewing rooms, others are required to roll bandages and hundreds needed in other branches.

"Briefly, there is not a woman in the city who cannot do something that is of value to the organization. Mrs. Leidy pointed to the work of sixty-two young women in Philadelphia moving-picture houses. When the \$3,000,000 campaign was organized, she continued, 'it was decided to collect contributions in the movie theaters. Volunteers were wanted and sixty-two responded. They are young girls and a majority are recent graduates of the high schools. They are meeting with success, too, and helping to swell the Philadelphia fund. Two of the young women collected \$250 in a Market street theatre yesterday. This is only one type of service."

"But it typifies the spirit of the Red Cross and such a spirit spells victory for America. It proves that the American woman of today is animated with the same spirit of sacrifice that characterized the women during the days of the Revolution, and such a spirit will place the Red Cross high up on the honor roll in this titanic struggle for world democracy."

IN THE MOMENT'S MODES

The Plaid Gingham Frock Is Smart This Season

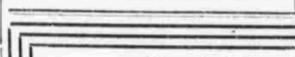


After many years of being considered a strictly "practical" material, gingham has entered the class of really smart fabrics. So firmly has it established itself as a factor in the season's sartorial scheme that today the wardrobe of the smartly dressed woman is incomplete if it does not include at least one gingham frock. In pattern, the block plaid is the favorite. One may indulge one's color preference to the limit, but pink, black and white seems to be the combination which has just a little the best of things. Do not have your frock made entirely of the plaid gingham. Combine it with the same material in solid color of harmonizing or matching shades; if you prefer you can select linen for the solid color. The costume illustrated today presents one of the new gingham frocks. The plaid of the pleated skirt combines Copenhagen blue, black and white, and the color of the blouse matches the blue of the plaid.

whole day together. You know she is married. Married some swell man and lives in a fine place on Riverside Drive. She is just as pretty as ever. No wonder she was in all the Broadway shows. She hasn't a bit of sense, but her tiny figure has the most perfect curves, and her face and eyes are just like a wondrous child. She makes me think of Billy. She has a baby two years old, and if it wasn't for him, she would go back to the stage. She is awful lonesome up in her fine home, and she misses the lights and the fun and the pretty dresses. She is crazy over the clothes the girls are wearing in the new Field show, and I think she misses the suppers after the shows when a lot of the girls used to go with the Johnnies and sort of joy ride. There wasn't nothing wrong with the parties, but her mother-in-law thinks it is awful to even mention them. A pretty girl like Mildred could have four suppers a night if she wanted to, because lots of men like to take a show girl if they wear pretty clothes and attract attention and are funny, have lots of up-to-date slang, know all the new songs, and don't expect a man to be clever. All that they want of him is to pay for the supper. And they are perfectly willing to pay for it if you don't expect them to talk of art or the uplifting of the drama. Just look pretty and say flow things and whistle popular songs and say things that don't make their heads ache to answer. I tell Mrs. Smith who, like so many women, think it is always wrong to go to supper, that it is done by heaps of girls who are on the level. I'm in a hurry now. N.A.N.

THE CHEERFUL CHERUB

I like to spend my days outdoors— No matter what I think about My thoughts just grow as free as flowers And little verses blossom out.



LIVING UP TO BILLY

By ELIZABETH COOPER

This powerful human document, written in the form of letters to a young mother serving a term in prison, is one of the most stirring literary products of the twentieth century.

Dear Kate: I opened your trunk and got out the clothes you wrote about. I give the gray dress to Mary, and the coat to Mrs. Keenan. There are a lot of things that you won't be able to use when you come out. Hadn't I better give them to some one? It seems a shame to have them laying there no use to any body.

I had a dandy day yesterday. Mildred Carter met me in a shop and we spent the

PLEATING—HEMSTITCHING Tucking and Pinking Buttons Covered BEST WORK ONLY—DRESSMAKING—PARISHAN—PLEATING & NOVELTY CUT. 108 SOUTH 13TH STREET

Careful Reading of Reliable Advertising and Thoughtful Study of Goods and Values Will PAY YOU WELL.

"How can I save on living expenses?" That's a pertinent question in these "High-Cost-of-Living" days, when the wastefulness of careless spending is strikingly apparent, and we're all anxious to establish some new economic system in household expenses.

THE AMERICAN STORES fit nicely into the grocery angles of the dilemma. We sell High-grade Groceries and are satisfied with a very trifling profit. We guarantee the purity and quality of everything we sell; and make every effort to secure the highest efficiency in each one of our stores. Are YOU spending wisely—or otherwise?

Our Very Best Coffee, 20c lb. "American Stores Blend" gives a rich, fragrant, pleasing cup. It's a particularly good coffee at a very insignificant price. That's all we're going to say about it just now—excepting that if you're not pleased with the pound you buy, return the unused portion and we'll refund the money in full.

Fancy Creamery Butter, Rich, fragrant and delicious 46c lb. Choice Creamery Butter, Exceptionally nice butter 42c lb. Selected Eggs, High quality, carefully selected, and each one guaranteed. 37c doz. Choicest Eggs, Large, full and meaty; guaranteed; twelve in a carton. 40c doz.

Special Price on Flour, 12-pound bag 92c Choice of brands—King Midas, Ceresota, Pillsbury, Gold Medal.

Items That Add Materially to the Size of a Dollar Post Toasties.....8c pkg. Highcote Cake.....10c pkg. Fresh Fig Bars.....13c lb. Quaker Corn Flakes.....6c pkg. Victor Pound Cake.....23c lb. Takhoma Biscuits.....6c pkg. Cracker Dust.....10c lb. Luffed Olives.....12c doz. Jell-O (assorted flavors).....8c pkg. California Prunes.....12c lb. Stuffed Olives.....9c, 15c bot. Fine Quality Rice.....7c lb. Salad Oil.....8c, 16c bot. Wilbur's Cocoa.....9c, 18c can Macaroni.....10c, 12c pkg.

Fancy New Onions, Nice, medium size; an exceptionally low price 4c lb. You can cut down expenses by good management and regularly dealing at THE AMERICAN STORES.

American Stores Company EVERYWHERE IN PHILADELPHIA And Conveniently Located in Cities and Towns PENNSYLVANIA, NEW JERSEY, DELAWARE, MARYLAND

Advertisement for Elman's HATS featuring a June Clearance Sale. Text includes 'Continuation of JUNE CLEARANCE SALE HATS Suitable for All Occasions \$5.00 and Upwards FORMER PRICES \$10 to \$20 New Models in all Silk Sweaters' and address '1421 WALNUT STREET'.

Advertisement for Luigi Rienzi featuring a Final Clean-up of Coats, Suits and Dresses. Text includes 'Final Clean-up of Coats, Suits and Dresses Skirts—Linen, Gabardine and Corduroy \$3.50 to \$6.50 Washable Satin Skirts Sweaters and Blouses Summer Millinery—\$5, \$8, \$10 Furs Stored, Altered and Repaired' and address '1714 Walnut Street'.